

May 2021



FZ-1 Fusion 4 Upper Body Unit



Serial Number Here

Date of Purchase



Instructions

Congratulations on the purchase of your new Batca Fusion 4 Upper Body Unit. This gym will provide you with a lifetime of enjoyment to meet your strength training needs. Batca Fitness Systems strives to build the best quality gyms and to package these gyms in such a way to avoid any damage during shipping.

In order to get started with your assembly you should first familiarize yourself with this manual. It is recommended that you read through each step thoroughly before you begin. Begin by opening your boxes and separating all of your parts. Verify that all parts are accounted for and have no damage. When all parts are accounted for, you may begin your assembly. Some items may have been pre-assembled for your convenience. Please note that hardware quantities shown reflect total quantities for your gym and may not reflect actual quantities in each bag. Assemble your gym on a solid level surface. This will ensure the best possible performance, function, and safety for the gym and your workout.

Assemble your gym according to the step by step instructions found in this manual. Failure to do so will void your warranty and may result in personal injury. After assembly, you should check each station to ensure correct operation. If a problem arises, recheck your assembly with these instructions to verify correct assembly. If you are unable to correct a problem or have questions with your assembly please contact your authorized Batca dealer.

Warning

Batca Fitness Systems has built this gym to give you a safe, effective and enjoyable workout. However, there is a risk assumed by individuals who use this type of equipment. It is very important that all warnings and instructions are read and followed before beginning any exercise program.

It is also very important to read and follow the preventative maintenance schedule described in this manual. If any of the warning labels or stickers are worn, faded, torn, scratched or missing they should be replaced immediately.

<u>WARNING</u>: There is a risk assumed by individuals who use this type of equipment. To minimize risk always follow these rules.

1) It is essential that you consult with your physician before beginning any exercise program.

- 2) Inspect equipment before each use for loose, worn, or frayed parts (including cables, nuts and bolts). Replace parts at first signs of wear (use only genuine BATCA replacement parts). Use of equipment that is damaged, worn, frayed or not completely assembled on a solid, level surface may result in injury.
- 3) Make sure all adjustment pins are fully engaged before using equipment.
- 4) Keep all parts of the body and clothing outside the path of any moving parts of the gym. Be alert to the possibility of injury. Do not be careless.
- 5) Minors and children should not be allowed to play on or around this gym.

6) If you have any questions on proper use or maintenance of this gym, do not hesitate to call your local BATCA FITNESS SYSTEMS distributor or BATCA FITNESS SYSTEMS at (919) 255-1233. www.batcafitness.com

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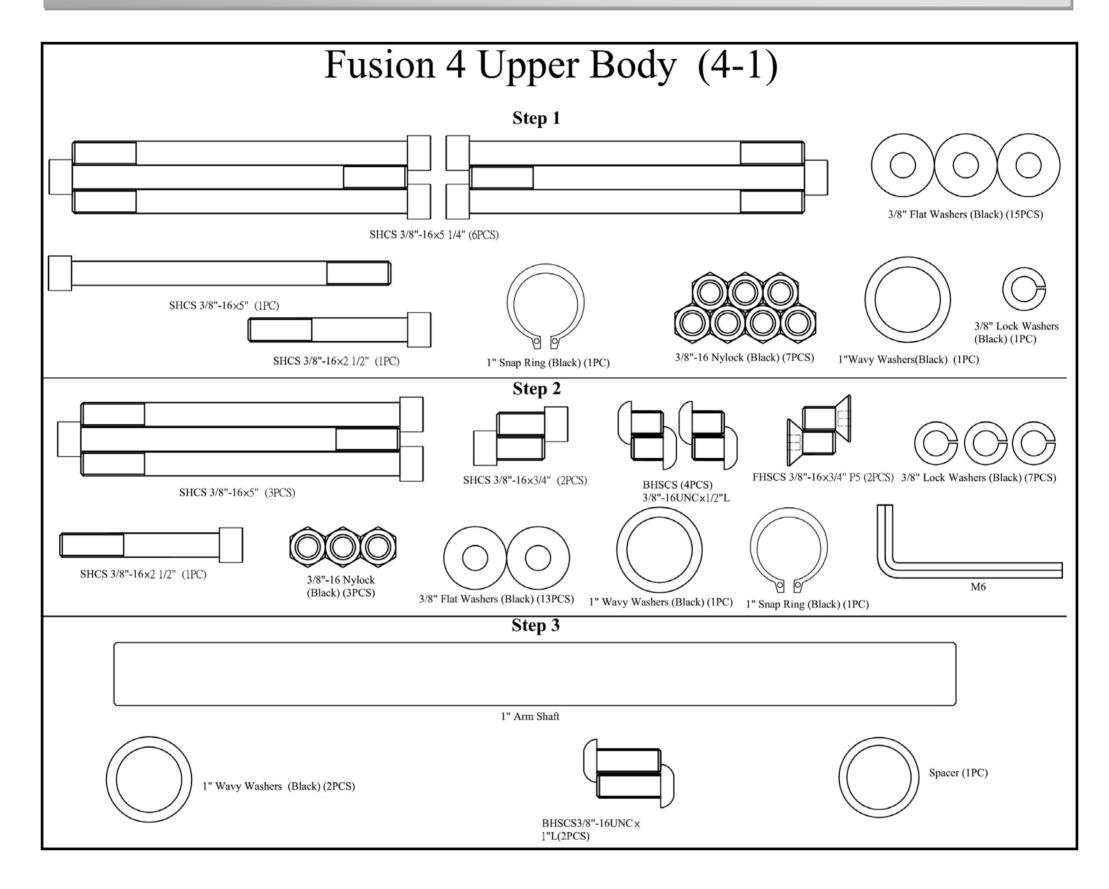
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Tools Required

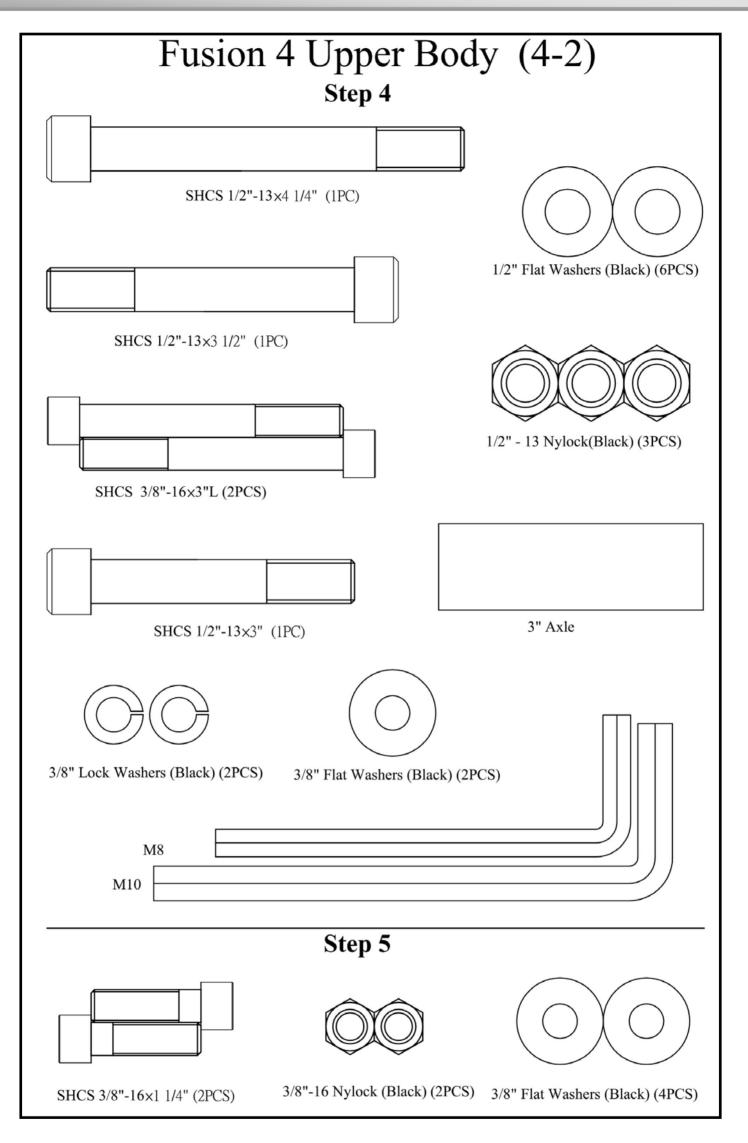
- 9/16" Wrench/Ratchet
 - 1/2" Wrench/Rachet
- 3/4" Wrench ٠
- Metric Allen Wrench Set (M10, M8, M6, M4)
- Tape Measure ٠ **Snap Ring Pliers**
- Utility Knife

Hardware Blister Packs



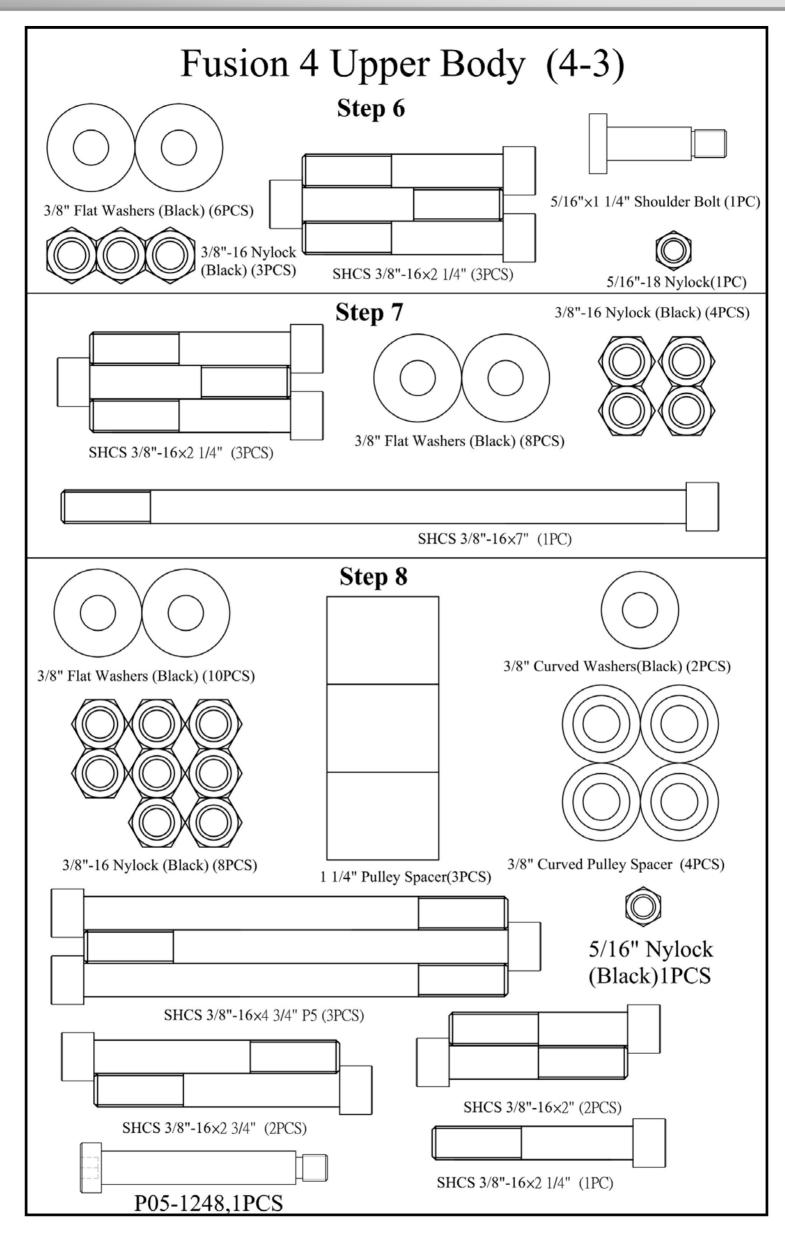
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Hardware Blister Packs

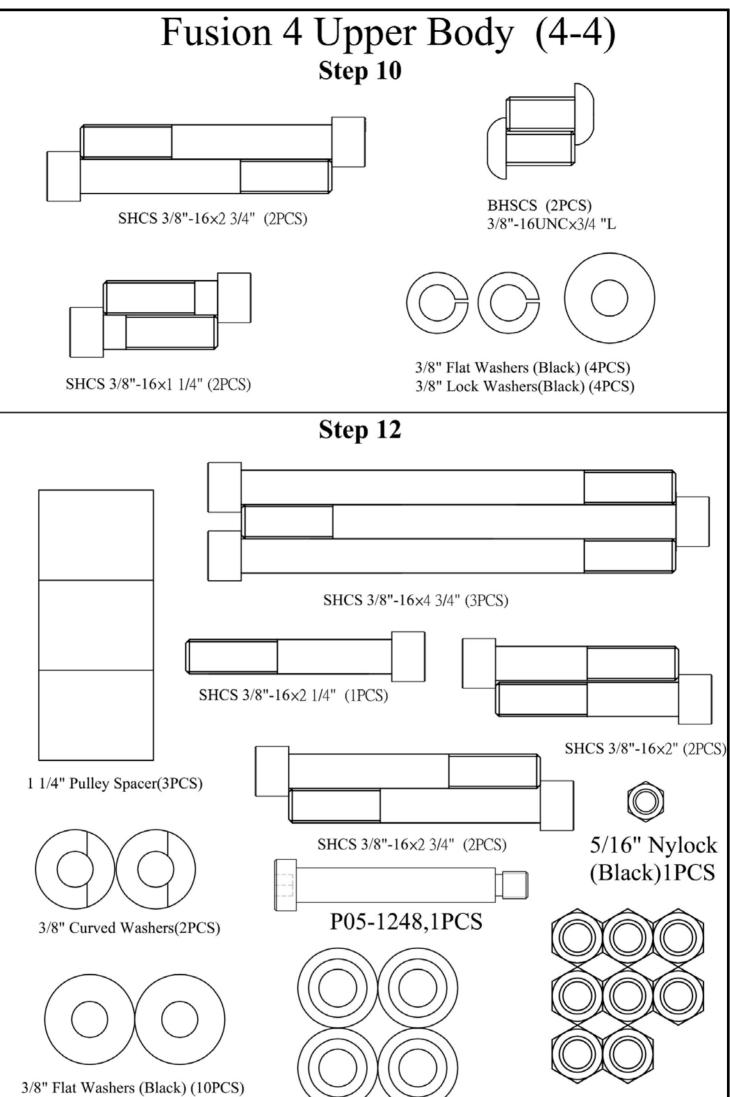


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Hardware Blister Packs



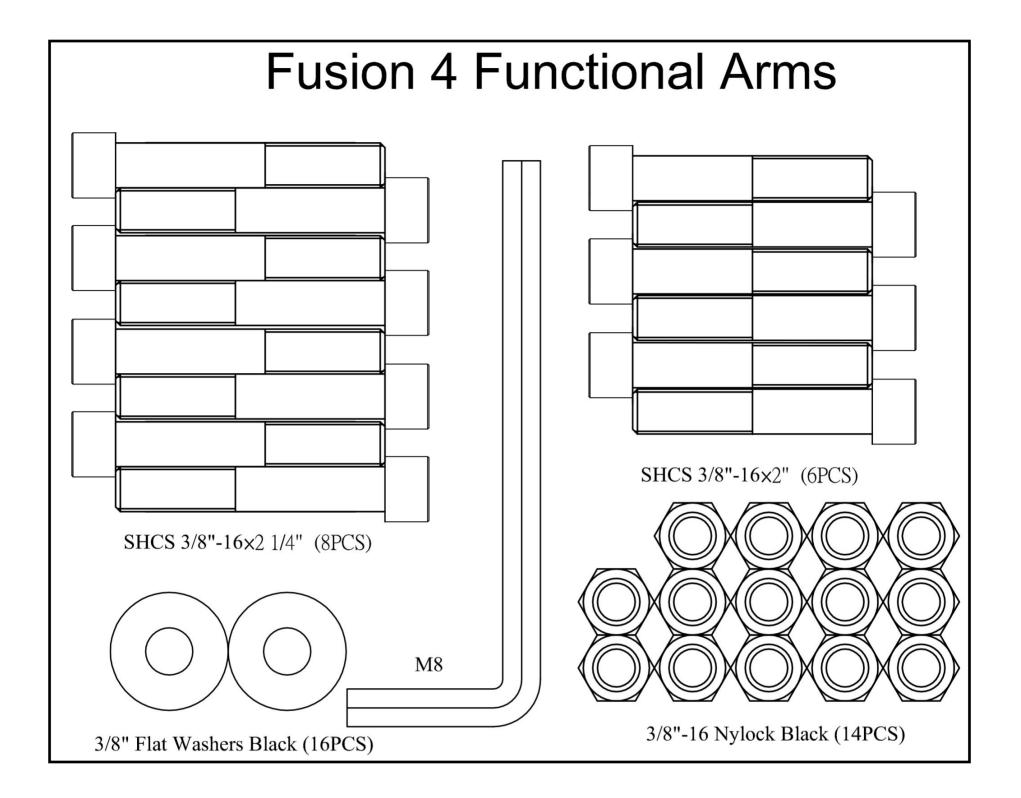
Hardware Blister Packs



3/8"-16 Nylock (Black) (8PCS)

1/2" Curved Pulley Spacer (4PCS)

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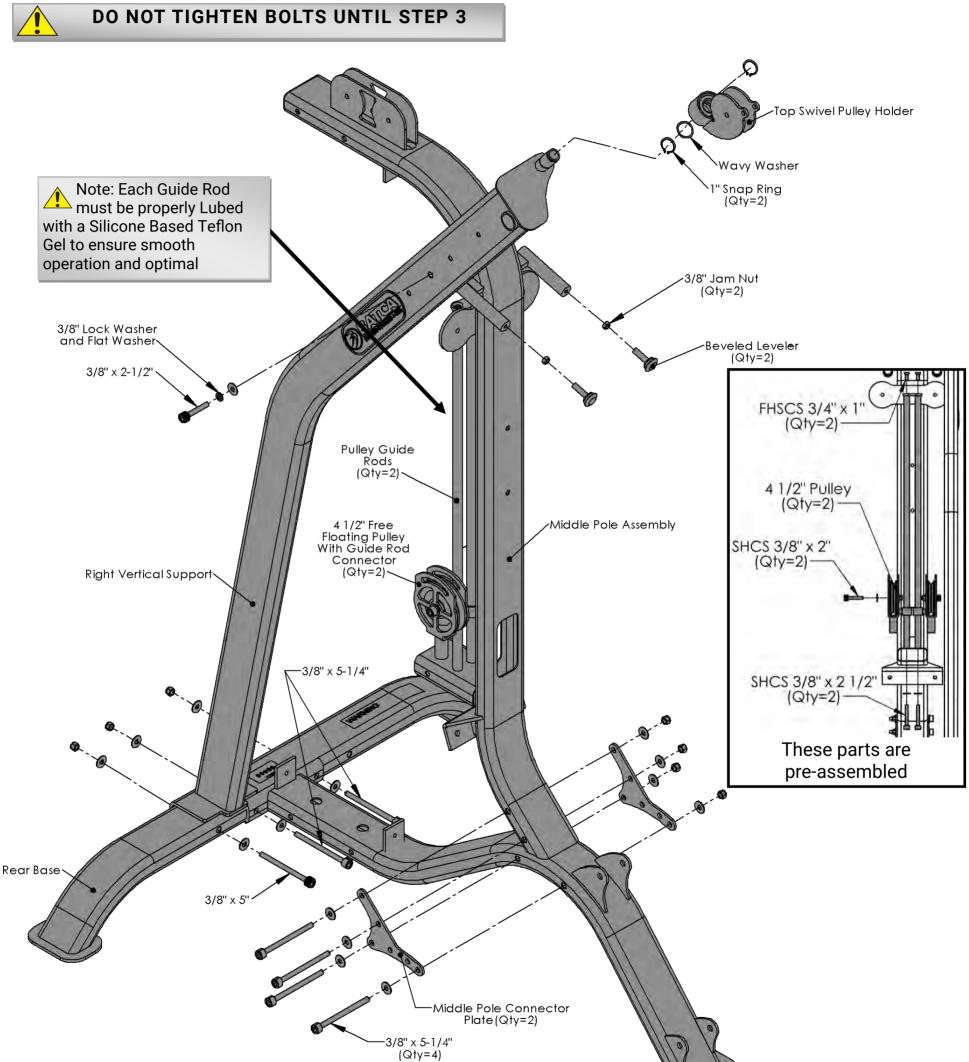
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PLEASE READ AND FOLLOW ALL DIRECTIONS VERY CAREFULLY FOR PROPER INSTALLATION.

Step 1:

Note: Please Position Hardware in the same direction as shown in the figure. This will make future steps easier to assemble

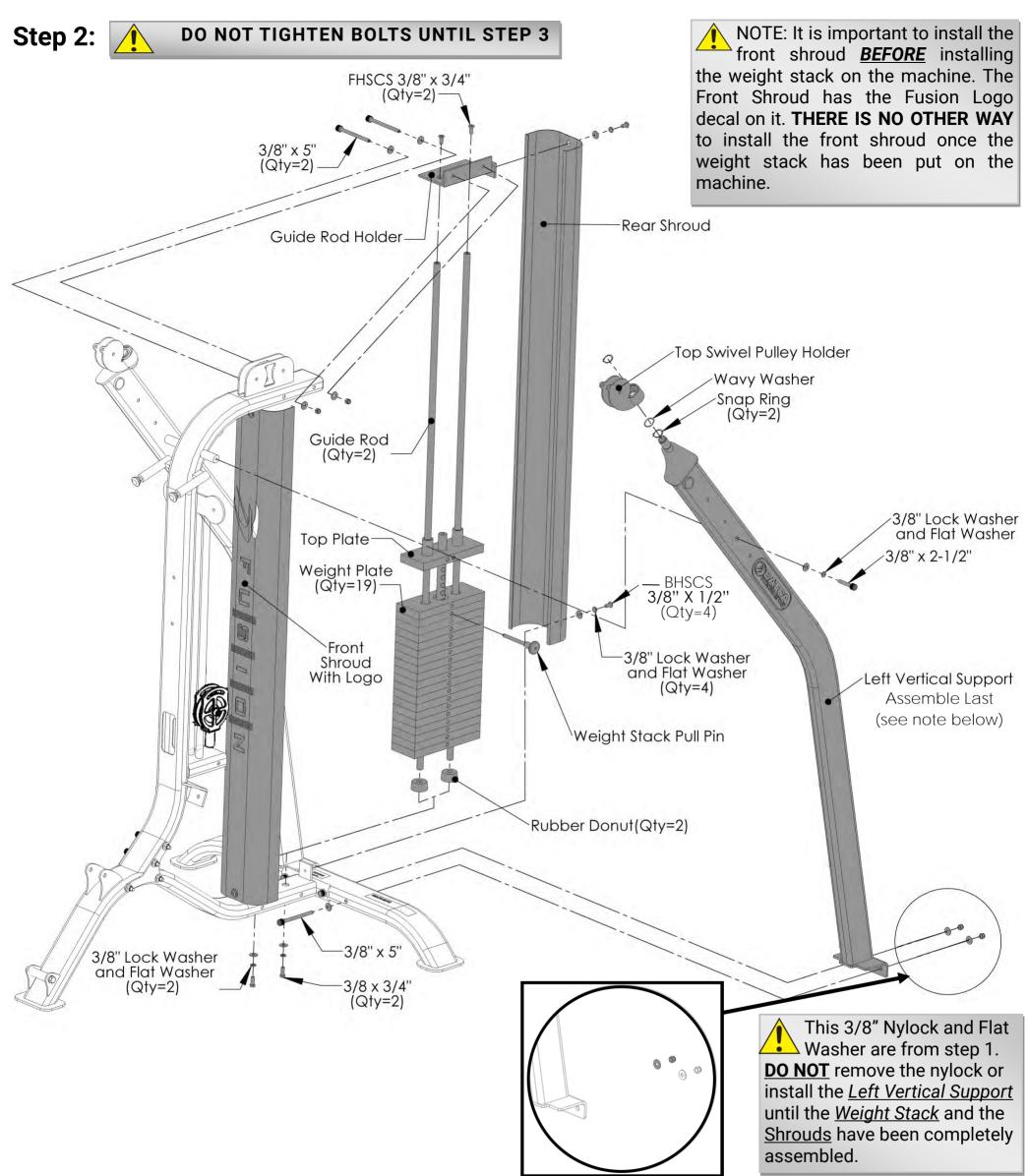
All Flat Washers and Nylocks are 3/8" unless otherwise noted. Anywhere a washer is against the round side of a tube there is to be a 3/8" CURVED WASHER instead of a 3/8" FLAT WASHER.



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Item #	Part #	Description	Qty
1	BFM-10566	Right Vertical Support	1
2	BFM-10593	Rear Base	1
3	BFM-10753	Middle Frame Assembly	1
4	BFM-10770	Front Base Support	1
5	BFM-10583	Top Swivel Pulley Holder	1
30		Middle Frame Connector Plate	2
41	BFH-50253	Beveled Leveler	2
42	BFH-50337	Wavy Washer	1
43	BFH-50165	1" Snap Ring	2

Item #	Part #	Description	Qty
44	BFH-50149	3/8" Jam Nut	2
45	BFP-52394	SHCS 3/8"-16 x 2 1/2"	1
46	BFP-551799	SHCS 3/8"-16 x 5"	1
47	BFP-51756	SHCS 3/8"-16 x 5 1/4"	6
48	BFH-50146	3/8" Flat Washer	15
49	BFH-50147	3/8" Lock Washer	1
50	BFH-50157	3/8" Nylock	7



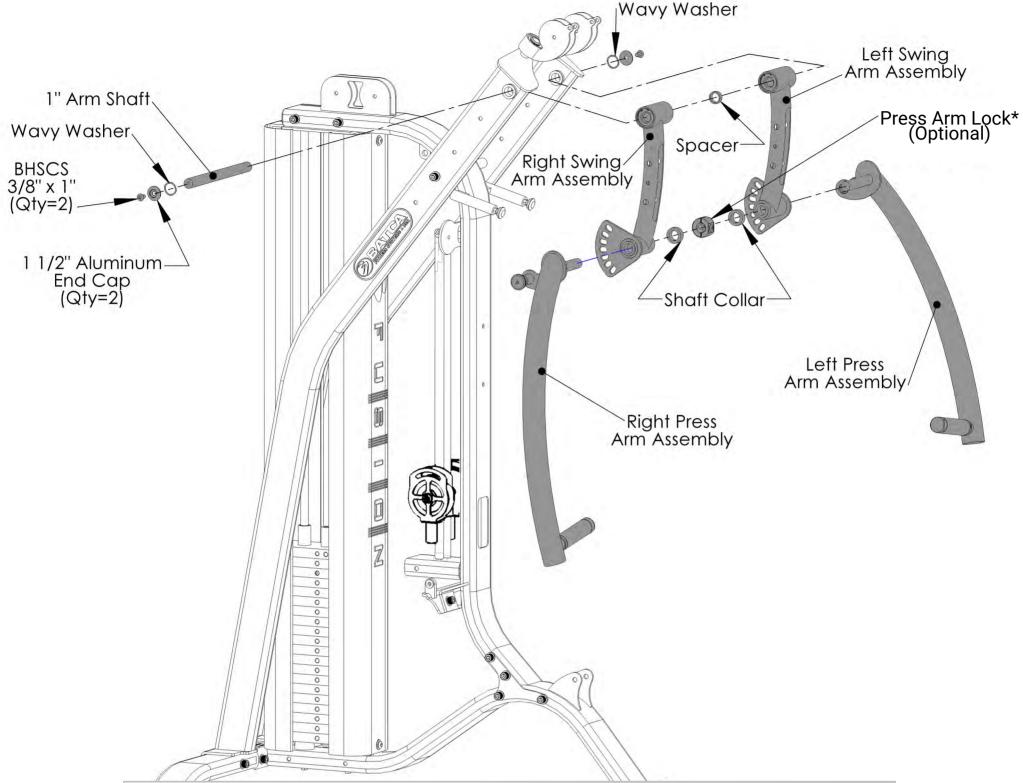
Item #	Part #	Description	Qty
5	BFM-10583	Top Swivel Pulley Holder	1
6	BFM-10567	Left Vertical Support	1
7	BFM-10299	Top Weight Plate	1
8	BFM-51082	Shroud	2
89	BFM-52410	Front Shroud with Logo	1
9	BFM-51487	Guide Rod Holder	1
10	BFM-51051	Guide Rod	2
11	BFM-50256	Weight Stack Plate	19
12	BFM-50529	Rubber Donut	2
31	BFM-51173	Weight Stack Pull Pin	1
42	BFH-50337	Wavy Washer	1
43	BFH-50165	1" Snap Ring	2
45	BFP-52394	SHCS 3/8"-16 x 2 1/2"	1
46	BFP-51799	SHCS 3/8"-16 x 5"	3
48	BFH-50146	3/8" Flat Washer	13

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Item #	Part #	Description	Qty
49	BFH-50147	3/8" Lock Washer	7
50	BFH-50157	3/8" Nylock	3
51	BFP-52340	SHCS 3/8"-16 x 3/4"	2
52	BFP-52401	BHSCS 3/8"-16 x 1/2"	4
53	BFH-50144	FHSCS 3/8"-16 x 3/4"	2

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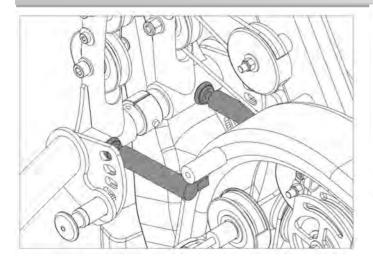
Make Sure All Bolts Are Tightened Before Moving On Step 3:

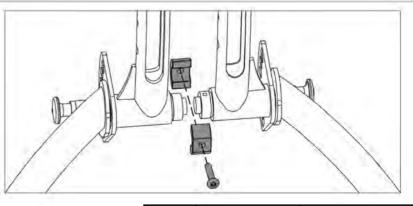


The Press Arm Lock is an *optional component that allows the user to connect both press arms so they are engaged at the same time. If the user would rather have each the starting position of each press arm is press arm operate independently then do not install the Press Arm Lock.

It is crucial to make sure the Small Beveled

Levelers behind the press arms are adjusted equally so there is the same amount of thread showing on each side. This ensures exactly the same. This will help prolong the life of the cables and machine when adjusted properly

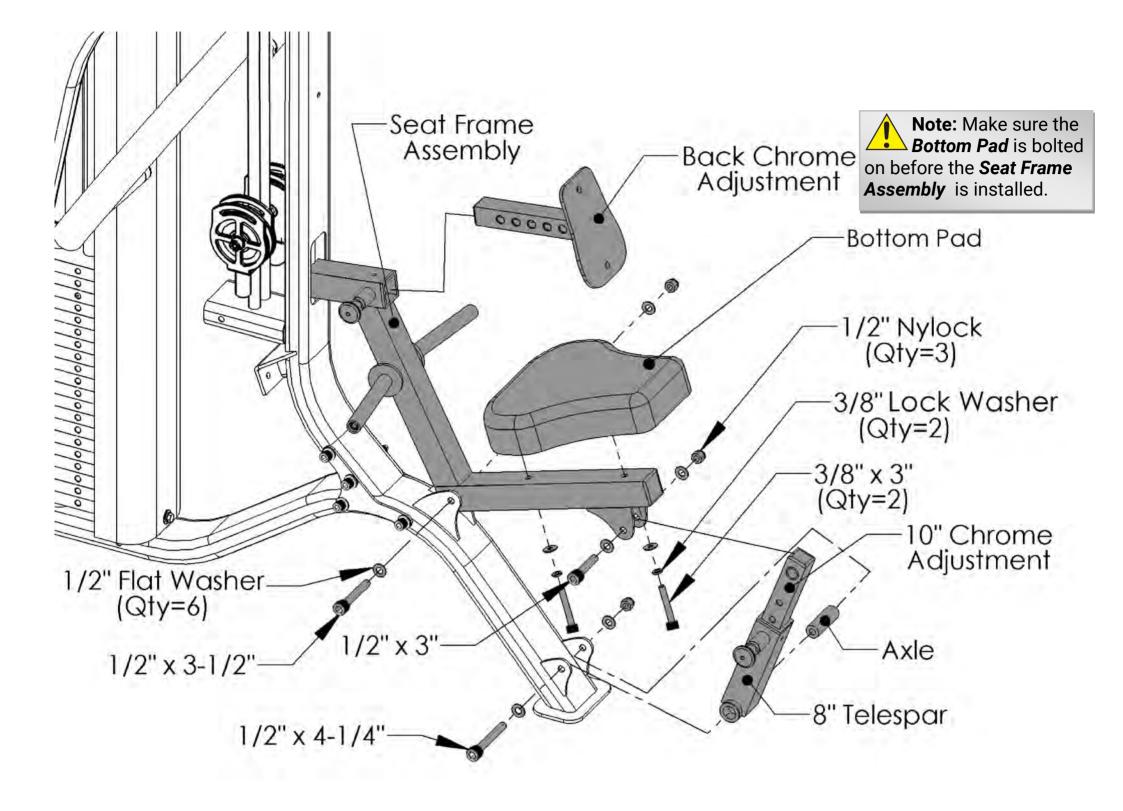




All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Item #	Part #	Description	Qty
13	BFM-10733	Right Swing Arm Assembly	1
14	BFM-10737	Left Swing Arm Assembly	1
15	BFM-10735	Right Press Arm Assembly	1
16	BFM-10736	Left Press Arm Assembly	1
17	BFM-51148	1" Arm Shaft	1
18	BFM-51080	Spacer	1
32	BFM-10771	Press Arm Lock (Optional)	1
42	BFH-50337	Wavy Washer	2
90	BFH-50620	BHSCS 3/8" x 1"	2
54	BFH-50220	Shaft Collar	2
91	BFM-52421	1 1/2" Aluminum Cap	2

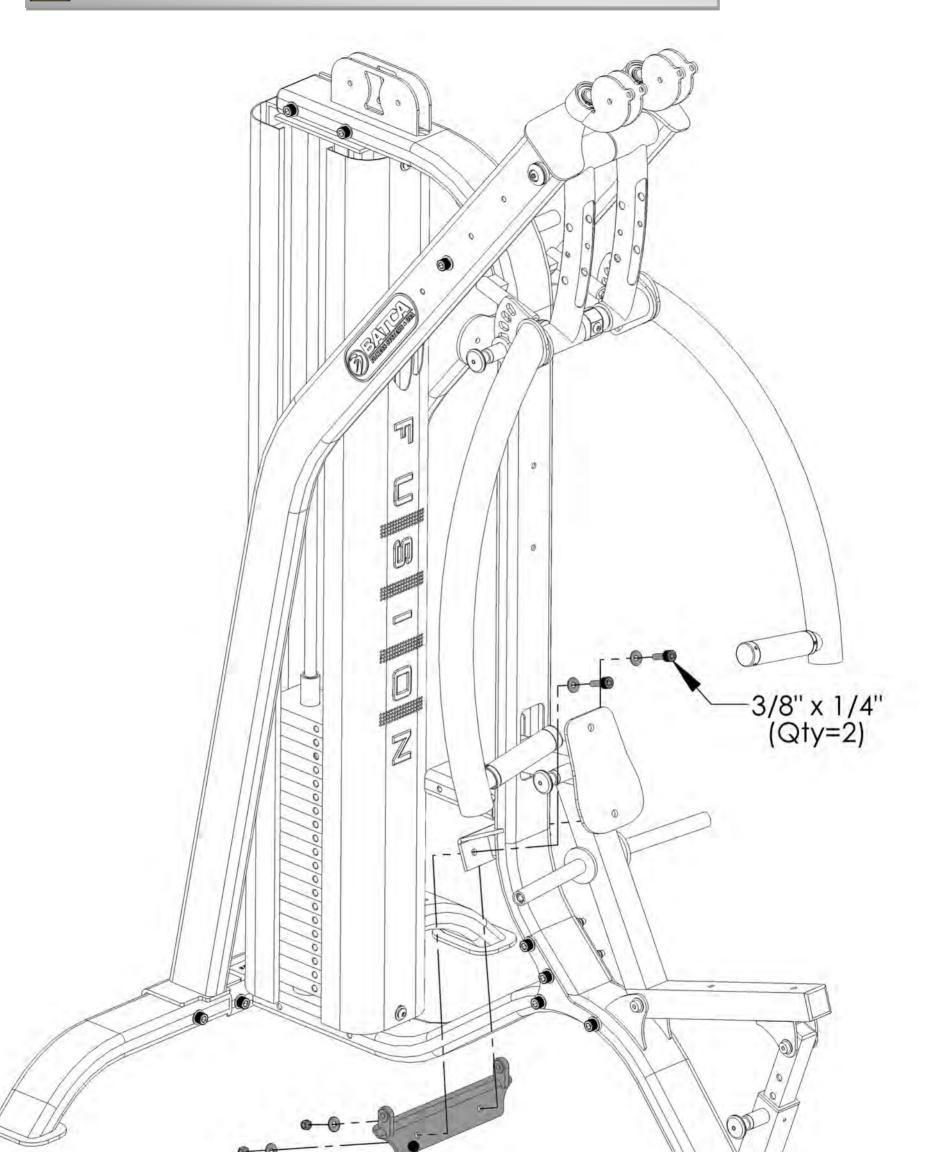
Step 4:



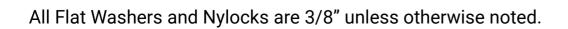
Item #	Part #	Description	Qty
34	BFP-52141	Bottom Pad	1
19	BFM-10741	Seat Frame Assembly	1
20	BFM-10580	Back Chrome Adjustment	1
21	BFM-10577	8" Adjustment Sleeve	1
22	BFM-10579	10" Chrome Adjustment	1
23	BFM-50931	Threaded Axle	1
48	BFH-50146	3/8" Flat Washer	2
49	BFH-50147	3/8" Lock Washer	2
55	BFP-52400	SHCS 1/2"-13 x 4 1/4"	1
56	BFH-51201	SHCS1/2"-13 x 3 1/2 "	1
57	BFP-52397	SHCS 3/8"-16 x 3"	2
58	BFH-50251	1/2" Flat Washer	2
50	BFH-50157	3/8" Nylock	2
74	BFH-50136	SHCS 1/2"-13 x 3"	1

All Flat Washers and Nylocks are 3/8" unless otherwise noted.









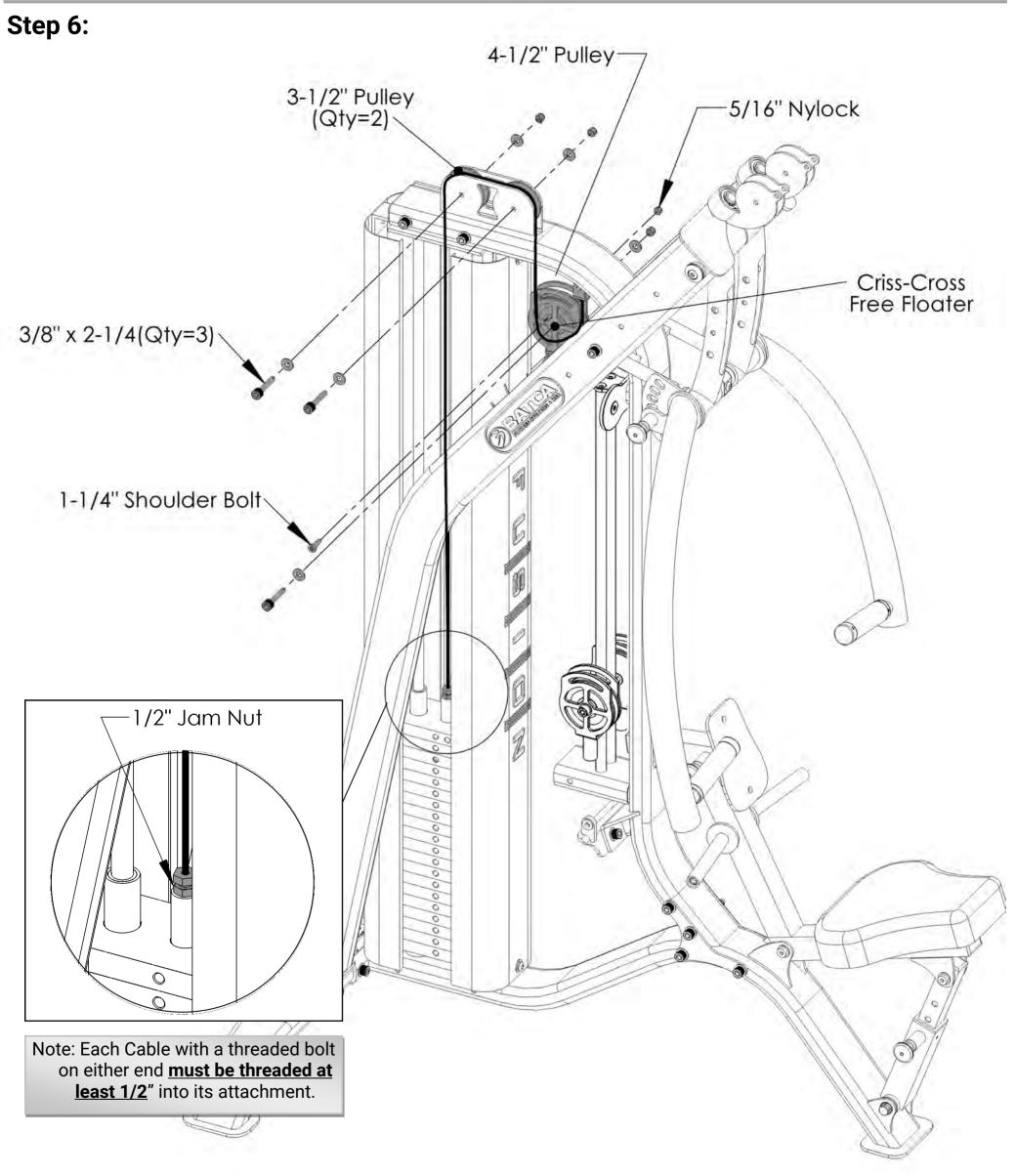
Item #	Part #	Description	Qty
24	BFM-10755	Press Arm Cable Lockout	1
48	BFM-50146	3/8" Flat Washer	4
50	BFM-50157	3/8" Nylock	2
60	BFP-51653	SHCS 3/8"-16 x 1 1/4"	2

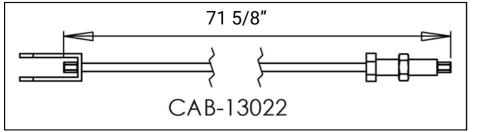
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Fusion 4 Upper Body Station

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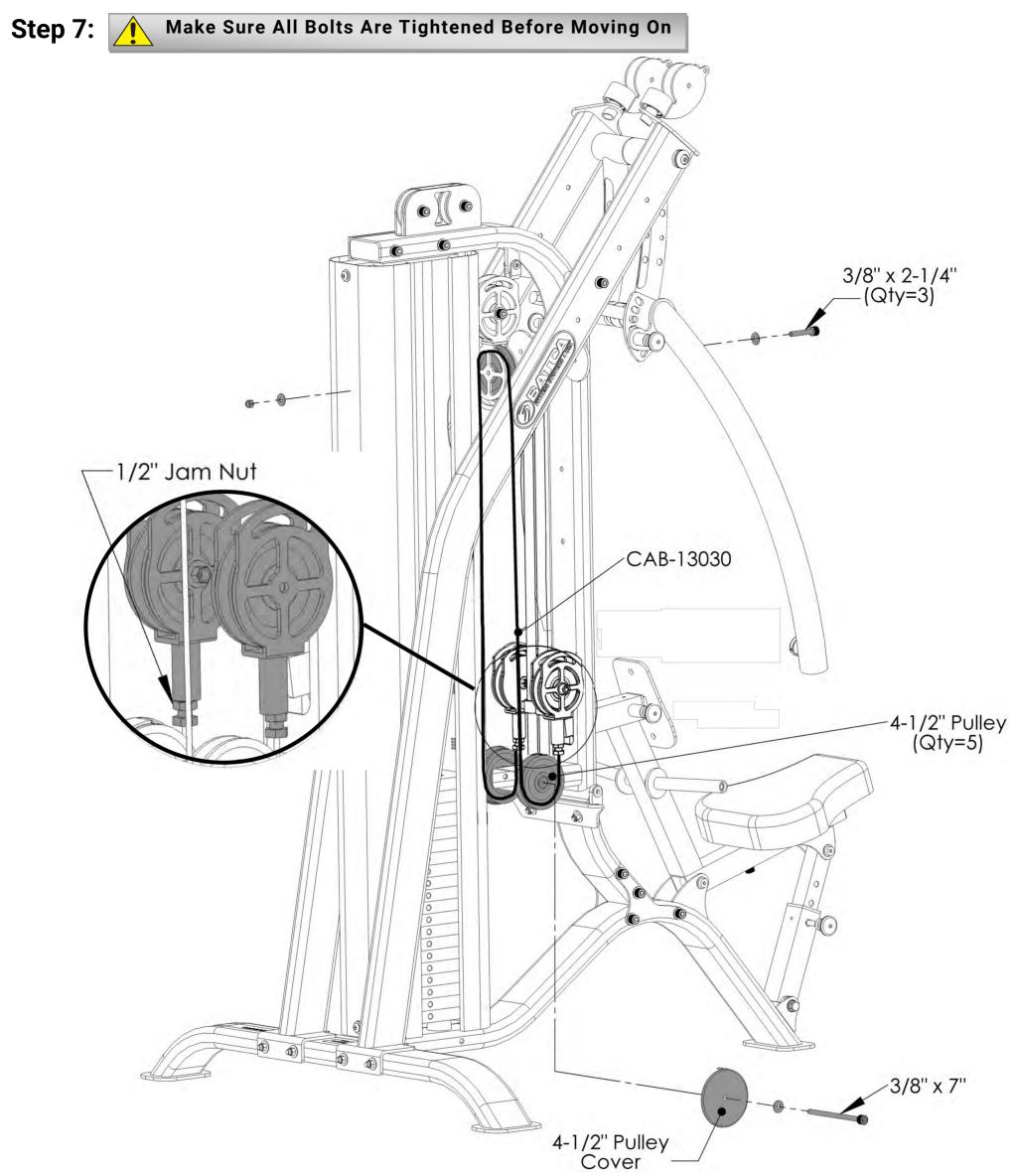
Cable Routing

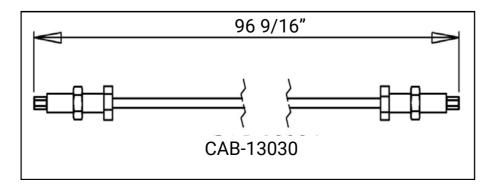




All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Item #	Part #	Description	Qty
25	BFM-10611	Criss-Cross Free Floater	1
38	CAB-13022	Weight Stack to Cable Tie Out	1
48	BFH-50146	3/8" Flat Washer	6
50	BFH-50157	3/8" Nylock	3
61	BFH-50173	3 1/2" Pulley	2
62	BFH-50174	4 1/2" Pulley	1
63	BFH-50250	1 1/4" Shoulder Bolt	1
64	BFH-50267	5/16" Nylock	1
65	BFP-51752	SHCS 3/8"-16 x 2 1/4"	3

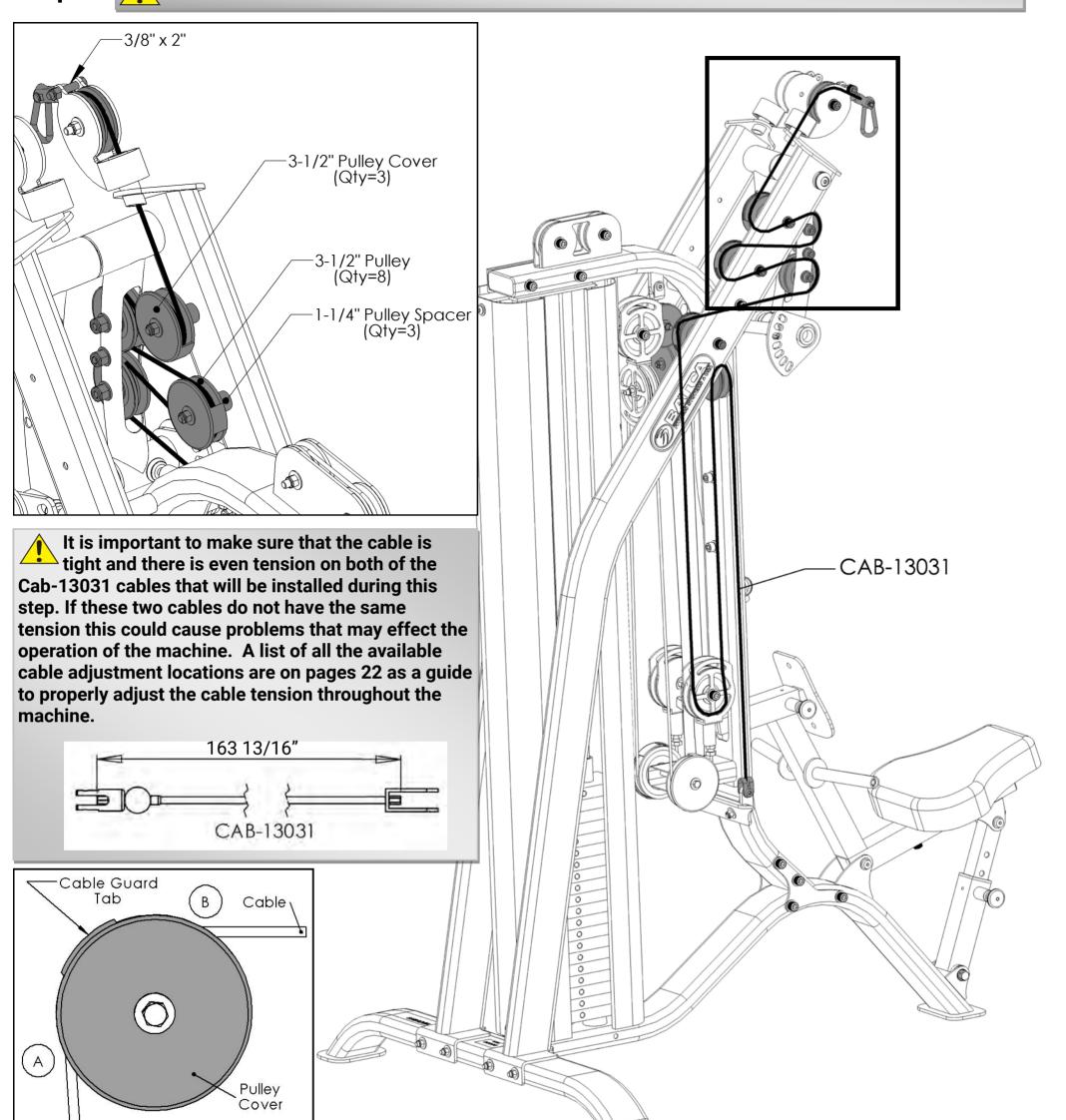




All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Item #	Part #	Description	Qty
26	BFM-10133	Free Floater	2
27	BFM-50345	4 1/2" Pulley Cover	2
39	CAB-13030	Fusion Floating Pulley Cable	1
45	BFP-51653	SHCS 3/8"-16 x 2 1/4"	3
48	BFH-50146	3/8" Flat Washer	8
50	BFH-50157	3/8" Nylock	4
62	BFH-50174	4 1/2" Pulley	5
73	BFP-52398	SHCS 3/8"-16 x 7"	1

Step 8:



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• **Position** the cable guard tab on the Pulley Cover so that the tab prevents the cable from coming out of it's track on the 3 1/2" Pulley. An example of this positioning can be seen in the figure to the right. The cable guard tab should be positioned so that it is in the middle of the cable wrap on the 3 1/2" Pulley, between points "A" and "B". This will allow better protection and prevent the cable from rubbing the cable guard tab.

All Flat Washers and Nylocks are 3/8" unless otherwise noted.							
on	Qty	1	Item #	Part #	Description	Qty	
to Cable		1	64	BFH-50267	5/16" Nylock	1	
t	1		66	BFH-50204	3/8" Curved Washer	2	
Spacer	3		67	BFH-50203	3/8" Curved Pulley Spacer	4	

Item #	Part #	Description	Qty
		Fusion Lat Pull to Cable	
40	CAB-13031	Lockout	1
28	BFM-51022	1 1/4" Pulley Spacer	3
29	BFM-50505	3 1/2" Pulley Cover	4
48	BFH-50146	3/8" Flat Washer	10
50	BFH-50157	3/8" Nylock	9
61	BFH-50173	3 1/2" Pulley	7
63	BFH-50250	1 1/4" Shoulder Bolt	1

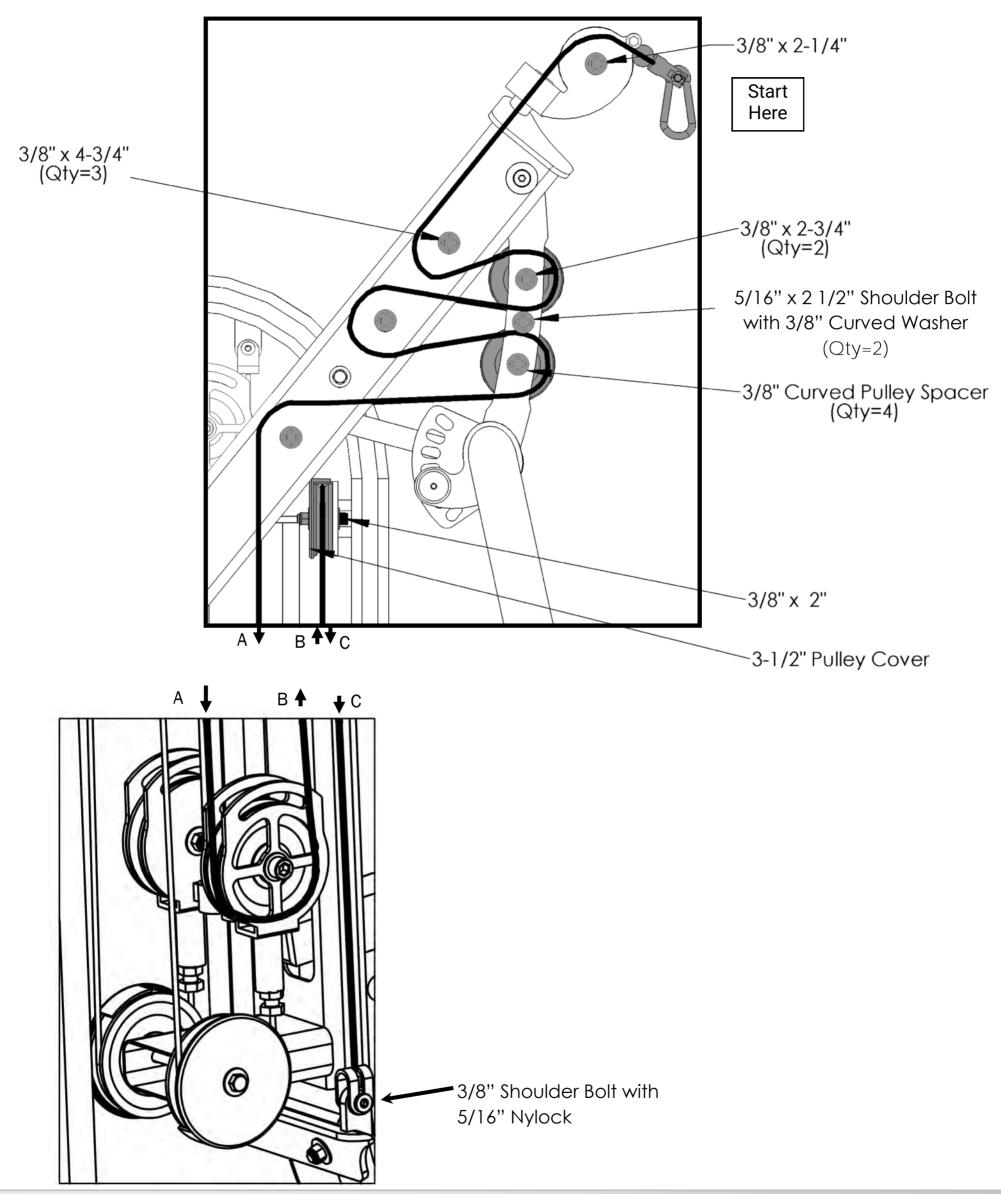
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67	BFH-50203	3/8" Curved Pulley Spacer	4
68	BFP-51759	SHCS 3/8"-16 x 2"	2
69	BFP-51750	SHCS 3/8"-16 x 2 3/4"	3
65	BFP-51752	SHCS 3/8"-16 x 2 1/4"	1
70	BFP-51753	SHCS 3/8"-16 x 4 3/4"	3
94	BFM-52345	5/16" x 2 1/2" Shoulder Bolt	1

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Step 8 Continued:

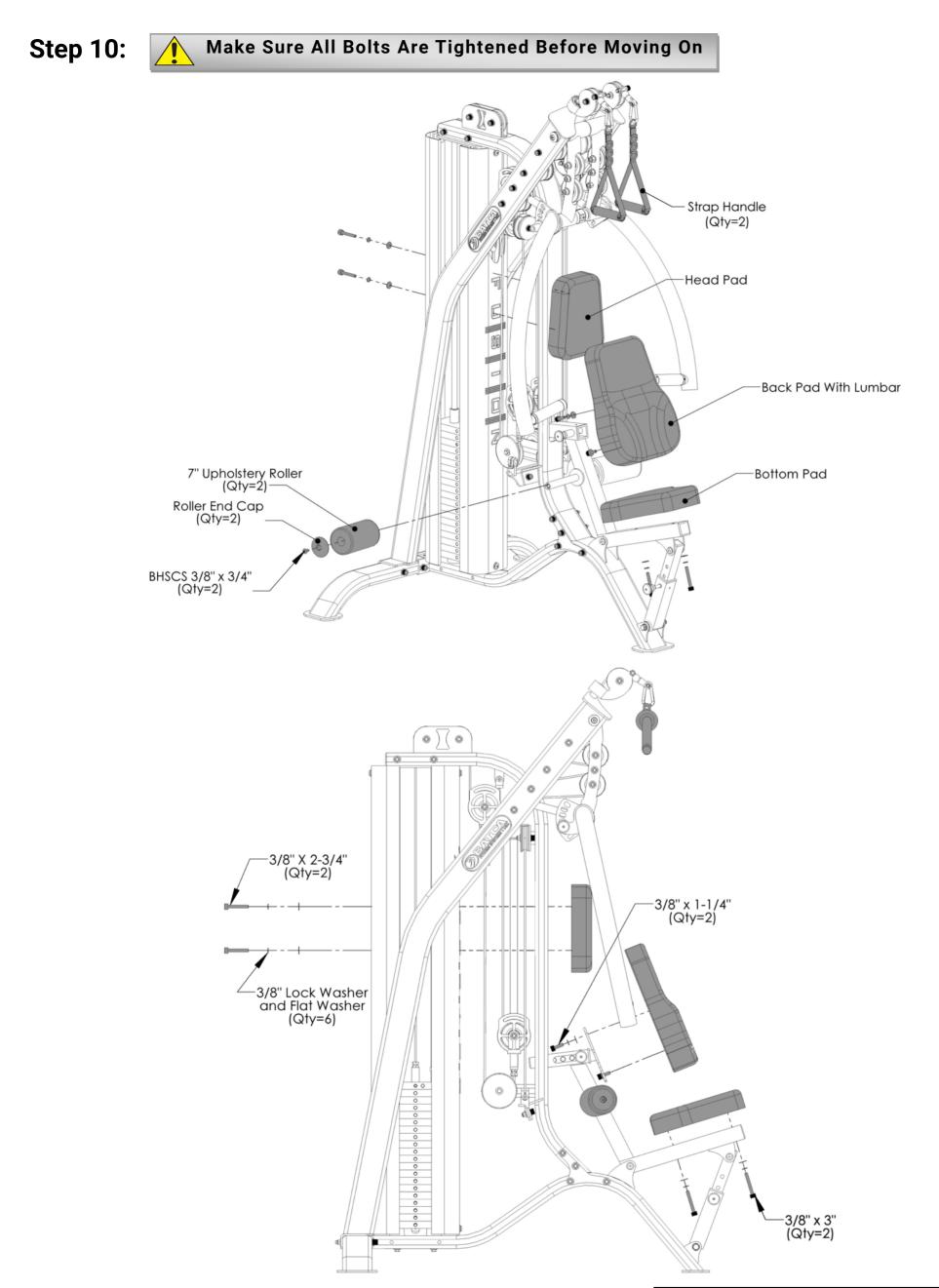


Assembly Tip: It is important in order to prevent any cable twisting the cable is routed around each pulley individually and pulled all the way through before routing around the next pulley in the cable routing sequence. If this is not done properly damage and twisting to the cable can occur. Also, remove cable end before routing.



Step 9: Repeat for alternate side of Fusion. Use same Bill of Materials from Step 8 for Step 9. Use CAB-13031, Fusion Lat Pull to Cable Lockout.

All Flat Washers and Nylocks are 3/8" unless otherwise noted.



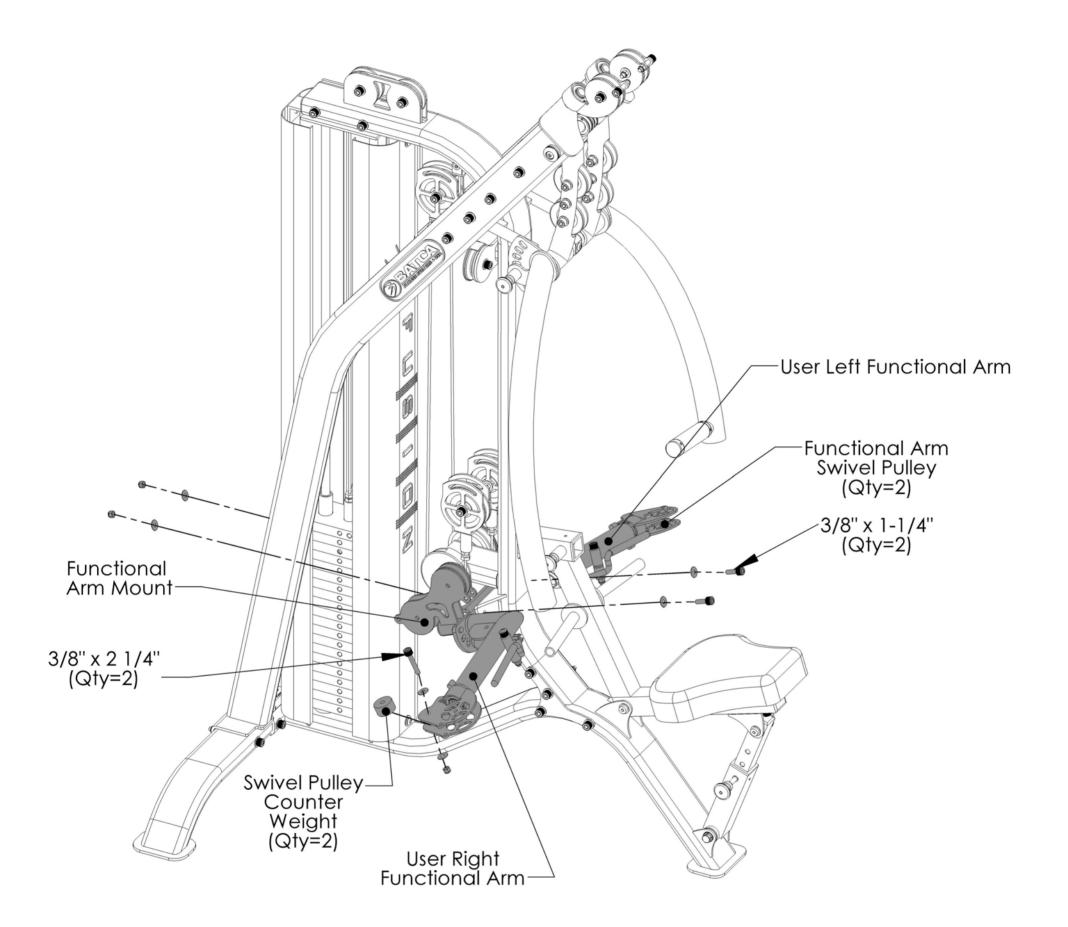
Item #	Part #	Description	Qty
33	BFC-10103	Strap Handle	2
35	BFP52137	Head Pad	1
36	BFP-52136	Back Pad With Lumbar	1
37	BFU-10121	7" Upholstery Roller	2
48	BFH-50146	3/8" Flat Washer	4
49	BFH-50147	3/8" Lock Washer	4
60	BFP-51653	SHCS 3/8"-16 x 1 1/4"	2
69	BFP-51750	SHCS 3/8"-16 x 2 3/4"	2
71	BFH-50622	Roller End Cap	2
72	BFH-50620	BHSCS 3/8"-16 x 3/4"	

Fusion 4 Upper Body Station

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Cable Arm Option

Step 6:

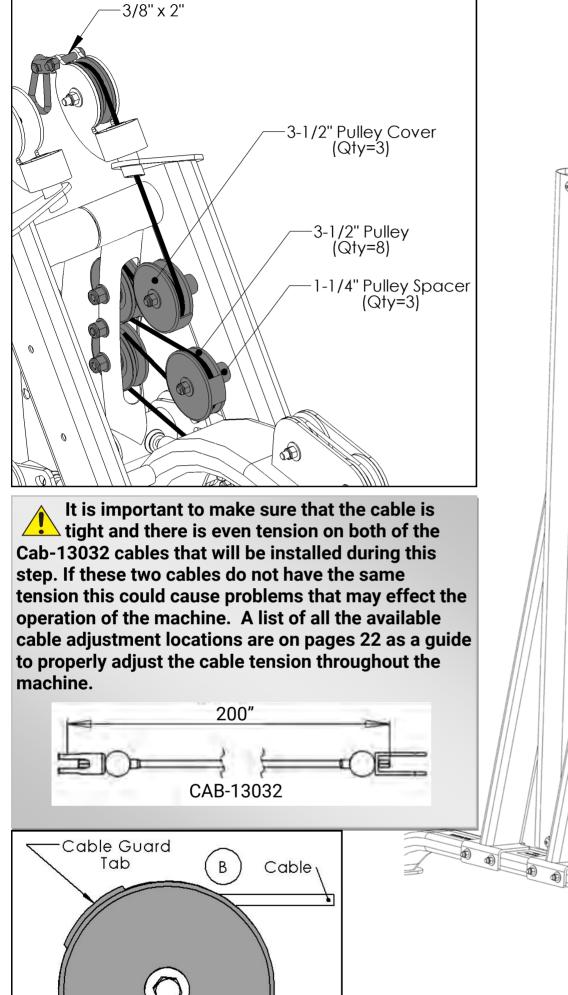


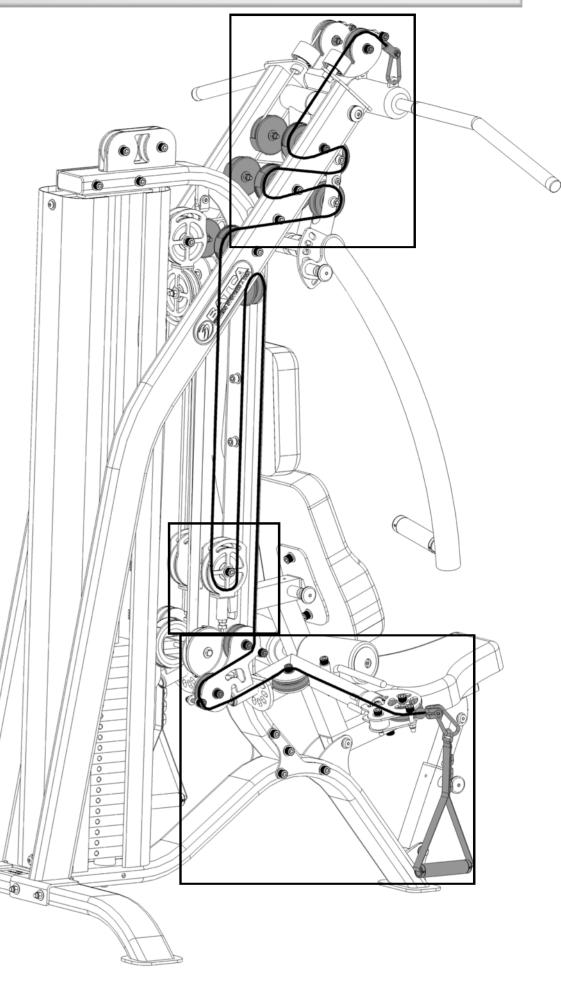
Item #	Part #	Description	Qty
74	BFM-10573	Functional Arm Mount	1
75	BFM-10571	User Right Functional Arm	1
76	BFM-10572	User Left Functional Arm	1
77	BFM-10582	Functional Arm Swivel Pulley	2
48	BFH-50146	3/8" Flat Washer	8
50	BFH-50157	3/8" Nylock	4
60	BFP-51653	SHCS 3/8"-16 x 1 1/4"	2
65	BFH-51752	SHCS 3/8" x 2 1/4"	2
92	BFM-52416	Swivel Pulley Counter Weight	2

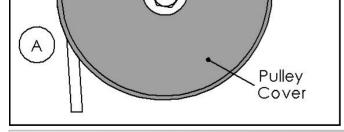
All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 12:

Assembly Tip: It is important in order to prevent any cable twisting the cable is routed around each pulley individually and pulled all the way through before routing around the next pulley in the cable routing sequence. If this is not done properly damage and twisting to the cable can occur. Also, remove cable end before routing.

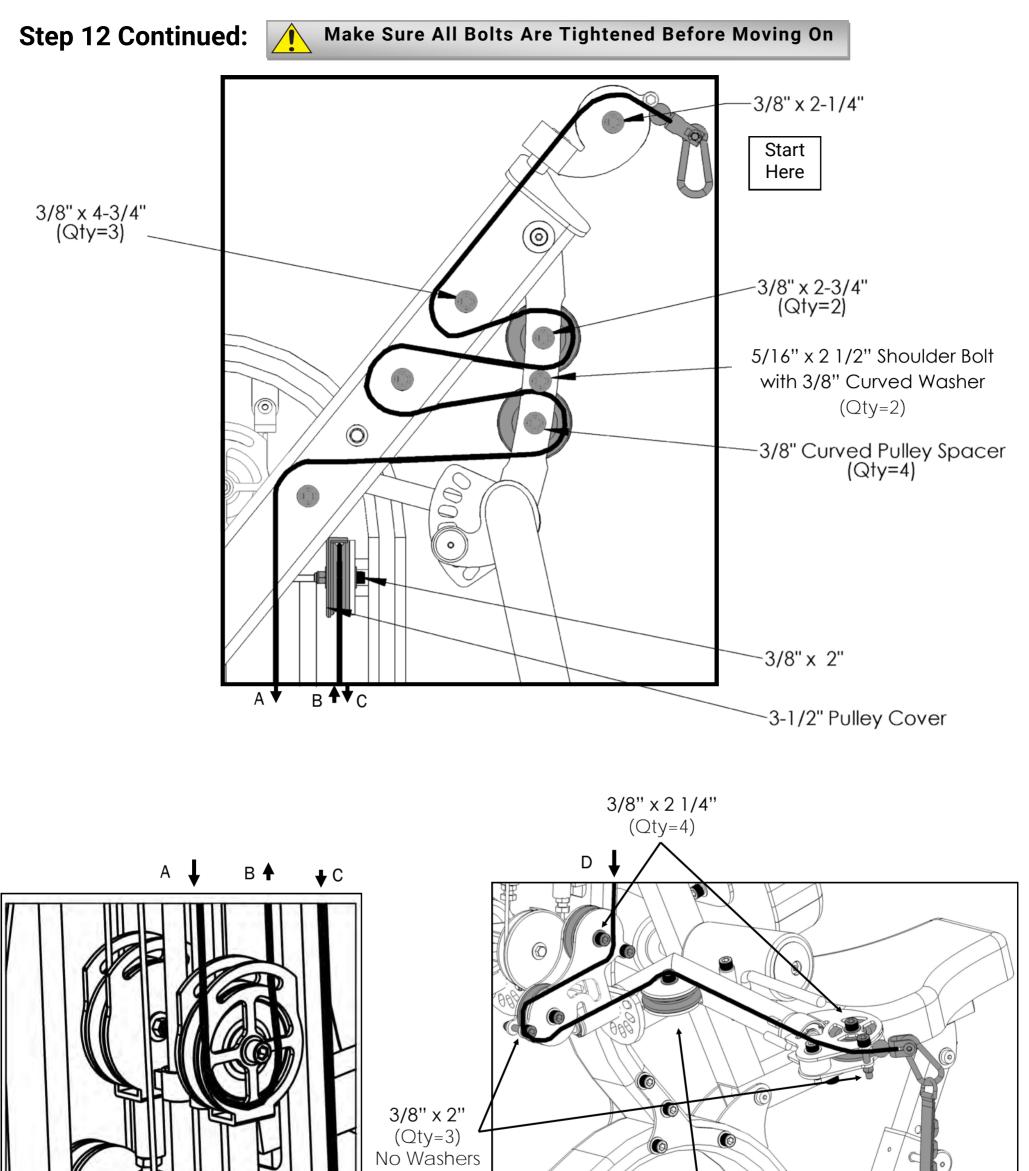


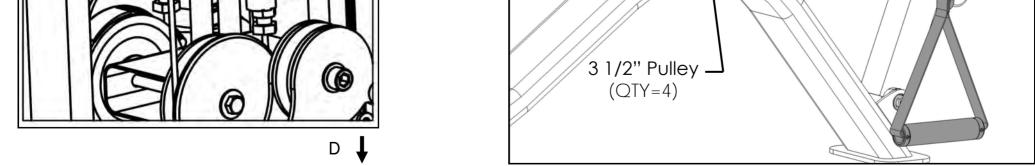




• <u>Position</u> the cable guard tab on the Pulley Cover so that the tab prevents the cable from coming out of it's track on the 3 1/2" Pulley. An example of this positioning can be seen in the figure to the right. The cable guard tab should be positioned so that it is in the middle of the cable wrap on the 3 1/2" Pulley, between points "A" and "B". This will allow better protection and prevent the cable from rubbing the cable guard tab.

Item #	Part #	Description	Qty	
28	BFM-51022	1 1/4" Spacer	3	
29	BFM-50505	3 1/2" Pulley Cover	4	
33	BFC-10103	Strap Handle	2	
86	CAB-13032	Fusion Lat Pull to Cable Arm	1	
48	BFH-50146	3/8" Flat Washer	18	
50	BFH-50157	3/8" Nylock	16	
61	BFH-50173	3 1/2" Pulley	11	
65	BFP-51752	SHCS 3/8"-16 X 2 1/4"	5	
66	BFH-50204	3/8" Curved Washer	2	
67	BFH-50203	1/2" Curved Pulley Spacer	4	
68	BFP-51759	SHCS 3/8"-16 X 2"	5	
69	BFP-51750	SHCS-3/8"-16 x 2-3/4"	3	
70	BFP-51753	SHCS 3/8"-16 X 4 3/4"	3	
94	BFM-52345	5/16" x 2 1/2" Shoulder Bolt	1	

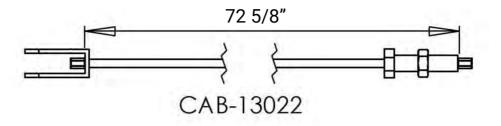


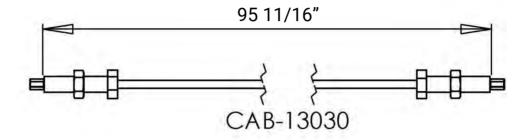


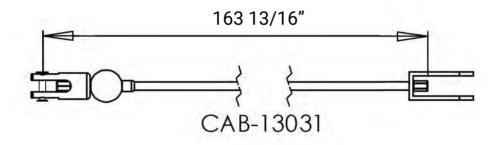
Step 13: Repeat for alternate side of Fusion. Use same Bill of Materials from Step 12 for Step 13. Use CAB-13032, Fusion Lat Pull to Cable Arm.

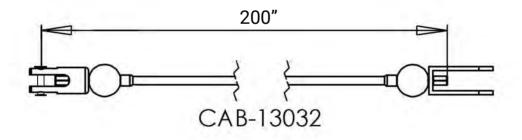
All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Cable Comparison Chart







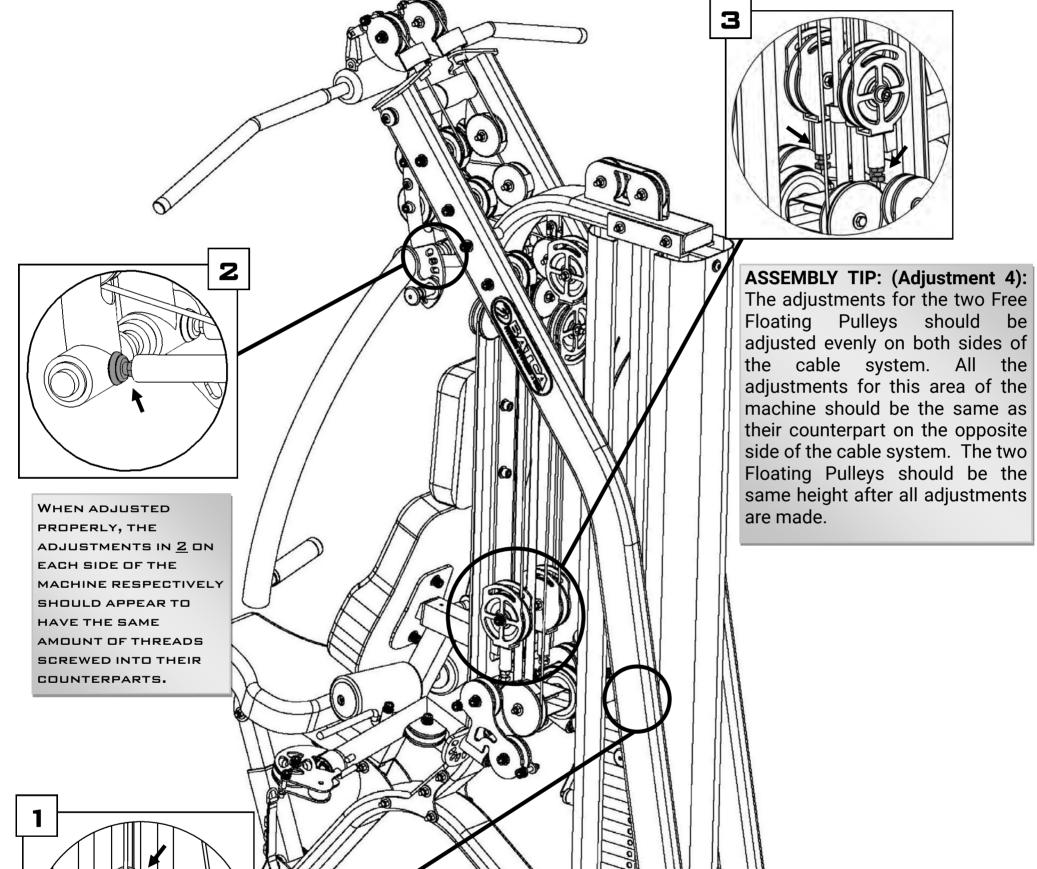


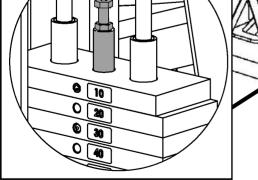
ITEM NO.	PART NUMBER	ART NUMBER DESCRIPTION	
38	CAB-13022	Weight Stack to Cable Tie Out	1
39	CAB-13030	Fusion Floating Pulley Cable	1
40	CAB-13031	Fusion Lat Pull to Cable Lockout	2
86	CAB-13032	Fusion Lat Pull to Functional Arm	2

Note: Cables CAB-13022, CAB-13031, and CAB-13032 have removable Cable Strap (BFH-50227) ends to make cable routing easier. The Cable Strap ends can be found packaged with the hardware.

Cable Adjustments

- Adjust cables to proper tension from any of the locations shown below.
- <u>How to Begin:</u> In order to get the proper tension in your cables, it is recommended that you follow the sequence 1-3 as shown. The numbers for this sequence can be found in the upper left corner of each of the detailed views. Each detailed view below will refer you to the original Figure for more detailed information. Follow the detailed information found in each referenced figure.
- Note: If the top plate raises off of the second plate in the weight stack, then the cable tension is too tight. You will need to take some of the tension out to lower the Top plate flush with the second plate.
- When adjusted properly, the adjustments in Figures <u>2</u> and <u>3</u> on each side of the machine respectively should appear to have the same amount of threads screwed into their counterparts.
- Note: All Levelers and cables with threaded adjustable ends must have at least 1/2" of the threads threaded into its counterpart. It is very important that the 1/2" Jam Nut (92) be wrench tightened to the counterpart to ensure that the threaded adjustable end of the cable does not back out of its counterpart.



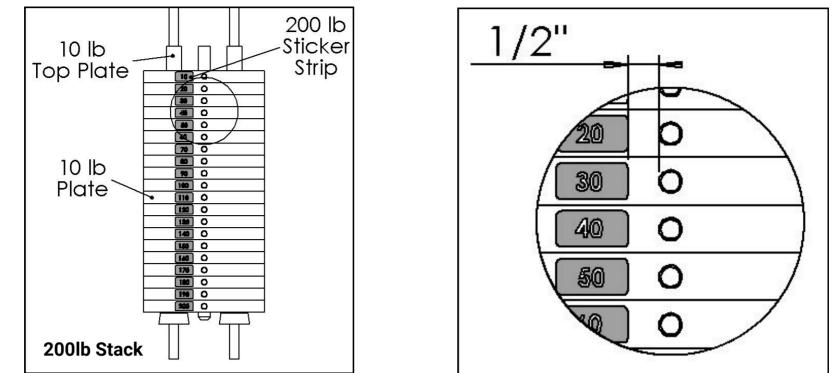


Note: All cables with threaded adjustable ends must have at least 1/2" of the threads threaded into its counterpart. It is very important that the 1/2" Jam Nut be wrench tightened to the counterpart to ensure that the threaded adjustable end of the cable does not back out of its counterpart.

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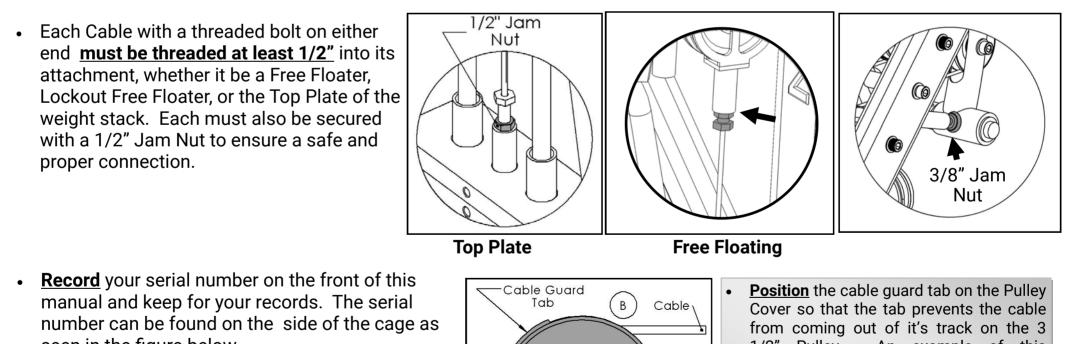
Final Assembly and Troubleshooting

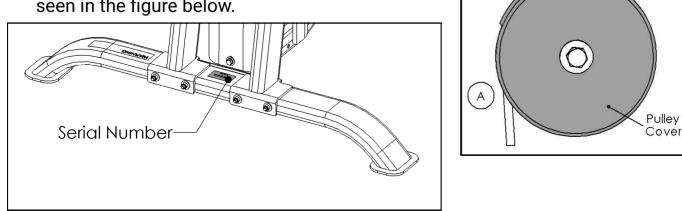
Weight Stack Decals:



The weight stack decals should be installed with a gap of 1/2" between the edge of the decals and the side of the holes for the weight stack pin. This spacing is critical because a larger gap between the decal and the center pin hole could result in the weight stack decals being covered by shrouds. It is helpful to use a 1" strip of painters tape to install the decals straight by lining up the edge of the piece of tape with the center of the hole in the plates and use the other side of the tape as a guide for applying the decals. The stacks shown in the diagram above are our standard 200 lb weight stacks where all 20 plates are 10lbs. The decals used for the standard weight stack should be labeled 10-200. If the medical 175 lb weight stacks were purchased, the top five plates will be 5 lbs. The decals used for the medical weight stacks themselves.

IMPORTANT - Check These Components Before Using Gym:





1/2" Pulley. An example of this positioning can be seen in the figure to the left. The cable guard tab should be positioned so that it is in the middle of the cable wrap on the 3 1/2" Pulley, between points "A" and "B". This will allow better protection and prevent the cable from rubbing the cable guard tab.

Guide Rod

• Clean guide rods with a lint-free cloth and apply a thin layer of silicone lubricant (Part # BFH-50262) to each guide rod. This will ensure a glass smooth performance from your weight stack.

Preventive Maintenance

Batca Fitness Systems strives to give you the very best in quality, performance and safety through carefully engineered designs and excellent workmanship. In order to maintain this high level of quality the preventative maintenance schedule below should be followed.

Clean upholstery, grips, and roller pads with mild soap and water generally after every use. The guide rods, chrome slides and frame should be cleaned with a cotton cloth. Upon cleaning the guide rods, a thin layer of Silicone or Teflon gel should be applied to each rod to ensure a glass smooth performance.

An overall inspection should be done before each workout. If the warning and safety decals are worn or have been removed they should be replaced immediately. The cables and cable systems should be inspected for signs of wear and proper tension. In order to check cables properly you should carefully run the cable through your fingertips, checking for signs of wear, cracks, burs and thinning spots. Replace any part at first signs of wear. Cables should be adjusted for proper tension. See assembly instructions for this detail. All hardware, stops, and adjustments should be checked and tightened as required.

The guide rods on your machine should be cleaned and lubricated regularly. This will ensure a glass smooth performance from your weight stack. A thin layer of either Silicone or Teflon gel should applied to each rod.

Although cables should be inspected daily, it is important that ALL cables be replaced as directed in the schedule below. Please note that at any first sign of wear the cable should be replaced immediately.

If there are any questions concerning maintenance, please contact your local Batca dealer or contact Batca Fitness Systems directly at:

Batca Fitness Systems

(919) 255-1233

www.batcafitness.com

	Daily	Weekly	Monthly	Quarterly	Years
Clean					
Upholstery		Х			
Hand Grips		Х			
Roller Pads		X			
Guide Rods			Х		
Chrome Slides			х		
Frame			Х		
Inspect					
Overall	Х				
Safety Decals	Х				
Cables	Х				
Cable Tension			Х		
Pulleys	Х				
Hardware	Х				
Stops	Х				
Upholstery	Х				
Hand Grips			Х		
Frame			Х		
Bushings		X			
Bearings		X			
Lubricate					
Guide Rods			Х		
Replace					
Cables					3

Limited Lifetime Warranty

What is covered

For Residential Use:

Batca Fitness Systems warrants all of its products against defects in manufacturing, materials and workmanship under normal use and service for one year from date of purchase including paint, chrome, upholstery and grips. Batca Fitness Systems also warrants all cables, belts, bolts, nuts, caps, plugs, bumpers, washers, levelers, decals, gas springs and other hardware for three years after date of purchase; all moving parts, including pulleys, bushings, bearings and pull pins for five years after date of purchase and warrants the frame and all welded parts for the lifetime of the original purchaser.

For Commercial Use:

Batca Fitness Systems warrants all of its products against defects in manufacturing, materials and workmanship under normal use and service for six months from date of purchase including paint, chrome, upholstery and grips. Batca Fitness Systems also warrants all cables, belts, bolts, nuts, caps, plugs, bumpers, washers, levelers, decals, gas springs and other hardware for one year after date of purchase; all moving parts, including pulleys, bushings, bearings and pull pins for three years after date of purchase and warrants the frame and all welded parts for ten years after date of purchase.

What is not covered

This warranty does not cover damage, which results from shipping, misuse, abuse, neglect, carelessness, modification or alteration, accident, fire, flood, "acts of God" or other contingencies beyond the control of Batca Fitness Systems. This warranty also does not cover deterioration from wear and tear or exposure or any defect, which would not have happened if instructions in the owner's manual had been followed. Improper installation, improper assembly or follow-up maintenance along with installation of parts or accessories not originally intended for products of Batca Fitness Systems are also not covered by this warranty. Only genuine Batca parts should be used for replacement, repair, and maintenance for this warranty to apply.

Defective parts will be repaired or replaced at Batca Fitness Systems option, without parts charge to the purchaser. All returns require a return authorization prior to acceptance of repair work. Batca Fitness Systems reserves the right to make design changes without any prior notification and shall not be responsible for incidental or consequential damages.

The purchaser is responsible for shipping the defective part back to the factory. Repair or replacement is the exclusive and sole remedy of the purchaser. Labor charges associated with parts changeovers are not covered by this warranty. Proof of purchase, serial number, model number and date of purchase will be required along with all pertinent information of the alleged damage.

This warranty applies only to the original purchaser and is not transferable. Claims under this warranty must be made directly to Batca Fitness Systems.

Batca Fitness Systems 1207 N. New Hope Road Raleigh, NC 27610 (919) 255-1233

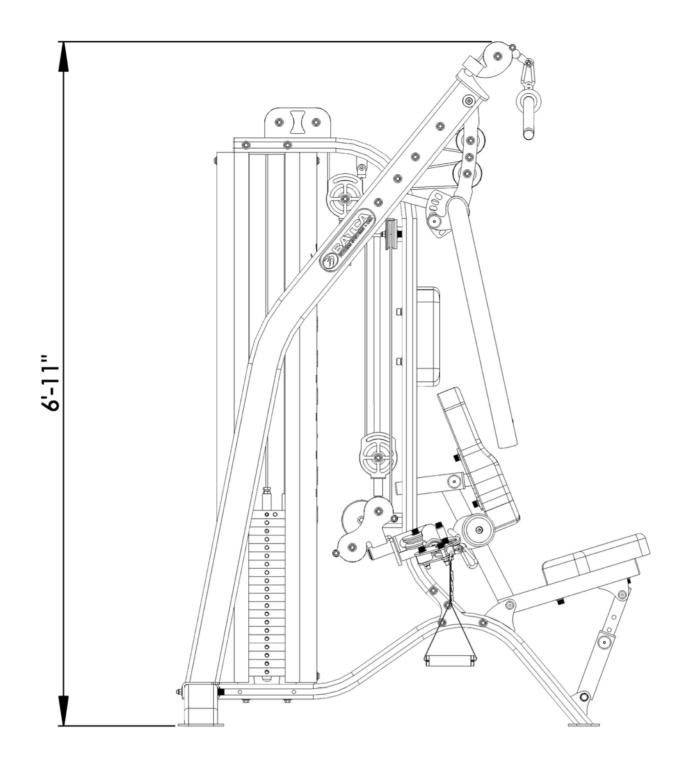
www.batcafitness.com

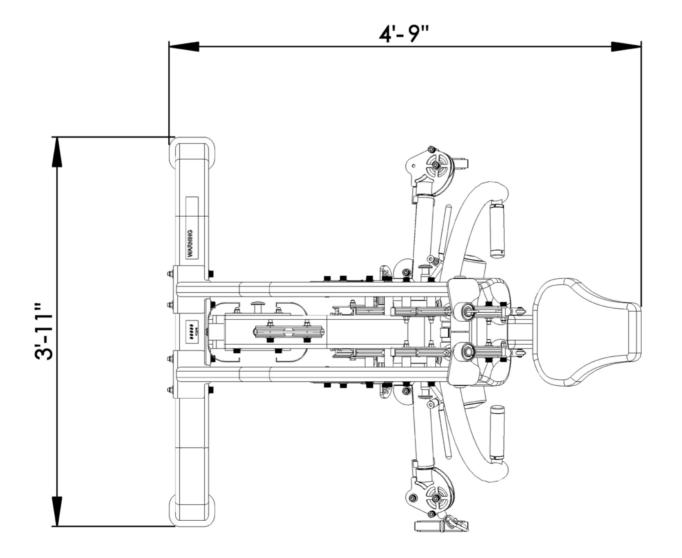
Please keep this for your records.



Scan the QR Code to register your new BATCA Product online!

www.batcafitness.com





Layout Diagram without Leg Press

The Fusion with Leg Press has a layout dimension of 3'-11" (width) x 4'-9" (length) x 6'-11" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.